



Phoenix Memorial Cup



Canadian
Cancer
Society

October 28th
Tait Mckenzie Center
York University - Toronto

1 Thompson Rd - North York



**TAEKWONDO
ONTARIO**

A portion of the proceeds will be going towards The Canadian Cancer Society

This Contest is sanctioned by Taekwondo Ontario , the provincial sports organization(PSO)
officially recognized by the province of Ontario

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**CAPTAIN
SPORTS**



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PHOENIX MEMORIAL CUP TAEKWONDO CHAMPIONSHIPS | 2023

Dear Masters, Instructors, and Taekwondo Practitioners:

It is with great pleasure that we invite you to the 2023 Phoenix Memorial Cup to be held at The Tait McKenzie Centre at York University in Toronto, Ontario on October 28th, 2023. This year, a portion of the proceeds will be donated towards the Canadian Cancer Society, an organization that has touched many of our personal lives.

This event is a fully sanctioned Taekwondo Ontario (TO) event and as such, World Taekwondo (WT) competition rules will be in effect for all High-Performance black belt sparring divisions and TO competition rules for all colour belt and recreational black belt divisions. Note that all competitors must be current 2023-2024 members of Taekwondo Ontario to participate. Taekwondo Ontario membership can be renewed at www.taekwondo-ontario.com.

This is a PRE-REGISTRATION event only. Coaches will be required to pre-register their teams online at www.taekwondo-ontario.com . We highly suggest registering early. We will not be accepting registration at the door. Payment can be made in person or online. **Registration deadline is Wednesday, October 25th, 2023.**

ALL SPARRING ATHLETES will be weighed in prior to competition at the designated weigh in time (please see weigh in schedules) in order to be bracketed and ensure a smooth flow of competition. High Performance divisions will be using the KP&P system with E-Headgear and Instant Video Replay.

Enclosed please find the attached tournament package with details regarding registration methods, deadlines, tournament rules, etc. Should you have any questions or concerns, please do not hesitate to contact us.

Sincerely,

Phoenix Taekwondo Martial Arts Academy
800 Industrial Avenue, Ottawa, Ontario, Canada, K1G 4B8
Tel: (613) 749-5425
Email: pnxtkdtournament@gmail.com



MASTER GEORGE KOH
Tournament Host
Taekwondo Ontario Head Coach
Canadian National Team Coach

INFORMATION

<u>Host</u>	Master George Koh
<u>Tournament Site</u>	Tait Mckenzie Centre (York University) 1 Thompson Rd North York Ontario M3J 1P3
<u>Date</u>	Saturday, October 28, 2023
<u>Time</u>	Tournament opens at 7:30 AM <i>Please see tournament schedule for division start time</i>

Registration Deadline **ALL REGISTRATIONS must be submitted before Midnight October 25th**

Competition Fee

Colour Belt and Recreational Black Belt	\$ 90.00 (Sparring and \ or Poomsae)
High Performance Sparring	\$ 100.00
1 High Performance event and 1 Recreational event	\$ 100.00
One Free Coach pass per registered Taekwondo Ontario school	
1 additional free coach pass for every 10 athletes	
\$20.00 per additional coach	
Spectator	\$10.00 (Cash only)
Children spectator under 6 years old	Free

Association Membership

All participants must be current 2023-2024 members of Taekwondo Ontario.

If you have an account with Taekwondo Ontario, but are not registered for the 2023-2024 season (membership renewal date is Sept 1 2023), please renew membership at: <https://members.taekwondo-ontario.com/membership/login/>

If you have never had a Taekwondo Ontario Membership and need to become a member for the first time to create a membership, you can register at: <http://members.taekwondo-ontario.com/membership/register/individual>

For out of Province and International participants, you must register as a Taekwondo Ontario member, however if you have a membership through your own provincial\ state association, you will not have to pay for the membership.

To do this, please register at <http://members.taekwondo-ontario.com/membership/register/individual> and select “Non-Ontario Resident \ International Participant” and select to option to “pay later”

TOURNAMENT FORMAT

COLOUR BELT SPARRING DIVISIONS (Sparring)

- Each match will be best 2 out of 3 rounds, each of 60 seconds, 30 seconds break. In the case that an individual wins 2 rounds straight, the winner will be declared at the end of the 2nd round
- No head contact for colour belts
- **Age divisions will be split into divisions based on their recorded weight.**

BLACK BELT RECREATIONAL DIVISIONS (Sparring)

- Each match will be best 2 out of 3 rounds, each of 60 seconds, 30 seconds break. In the case that an individual wins 2 rounds straight, the winner will be declared at the end of the 2nd round
- No head contact
- **No persons who have competed at a provincial or National championship in the past 5 years will be allowed to compete in the recreational black belt division**

HIGH PERFORMANCE BLACK BELT SPARRING

- All athletes will be bracketed in WT Olympic, Junior Olympic and consolidated Cadet Weight categories.
- All divisions will compete with the KP&P Electronic Scoring System (including Electronic Head Gear) and will require KP&P Electronic Sensor Socks. They can be purchased by asking your Dojang master.
- Single Elimination with WT black belt full-contact rules.
- 3 rounds of 1.5 minutes with 30 seconds breaks for all divisions
- Video Replay will be provided

POOMSAE COMPETITION

- Poomsae division will be divided by age, belt and weight and will remain the same division as the sparring divisions
- Mandatory WT color belt and black belt poomsae will be followed
- All competitors will be judged by way of point scoring method from 1 – 10

TOURNAMENT GUIDELINES

- The competition area is open to competitors and athletes ONLY, all parents must stay in designated spectator areas. These rules will be enforced by security for the safety of all participants. Please listen to announcements to hear if your division is being called to the ring assignment area.
- **Weight divisions may be subject to change to bigger divisions in the case there is not enough competitors. This is based on the approval of the tournament director to ensure the new formed divisions are fair and safe**
- **ALL COMPETITORS MUST BE WEIGHED IN AT THE REGISTRATION.** Any competitors not weighed in will not be bracketed for sparring competition.
- WTF Style – White Dobuk, Head Gear, mouth guard (clear or white), chest protector, groin protector, forearm guards, shin guards. Instep guards required for colour belts. Gloves (Mandatory for High Performance Sparring)

Competitor Divisions

6 years old & Under		7 & 8 years old		9 & 10 years old		11 & 12 years old	
Male	Female	Male	Female	Male	Female	Male	Female
- 18 kg	- 15 kg	- 21 kg	- 19 kg	- 24 kg	- 20 kg	- 30 kg	- 26 kg
- 26 kg	- 23 kg	- 28 kg	- 25 kg	- 30 kg	- 26 kg	- 37 kg	- 33 kg
+ 26 kg	+ 23 kg	- 35 kg	- 31 kg	- 37 kg	- 33 kg	- 45 kg	- 41 kg
		+ 35 kg	- 31 kg	- 45 kg	- 41 kg	- 53 kg	- 47 kg
				+ 45 kg	+ 41 kg	+ 53 kg	+ 47 kg

13 & 14 years old		15 – 17 years old		18 + years old	
Male	Female	Male	Female	Male	Female
- 37 kg	- 33 kg	- 48 kg	- 44 kg	- 58 kg	- 49 kg
- 45 kg	- 41 kg	- 55 kg	- 49 kg	- 68 kg	- 57 kg
- 53 kg	- 47 kg	- 63 kg	- 55 kg	- 80 kg	- 67 kg
- 61 kg	- 55 kg	- 73 kg	- 63 kg	+ 80 kg	+ 67 kg
+ 61 kg	+ 55 kg	+ 73 kg	+ 63 kg		

All color belt divisions will be further divided into

- 1) White \ Yellow Stripe Belt
- 2) Yellow \ Green Stripe Belt
- 3) Green \ Blue Stripe Belt
- 4) Blue \ Red Stripe Belt
- 5) Red \ Black Stripe Belt
- 6) Black

Mandatory Poomsae Classification

White \ Yellow Stripe Belt	Taegeuk 1- 3
Yellow \ Green Stripe Belt	Taegeuk 1- 5
Green \ Blue Stripe Belt	Taegeuk 3- 6
Blue \ Red Stripe Belt	Taegeuk 4- 7
Red \ Black Stripe Belt	Taegeuk 6- 8
Black Belt and Higher	Taegeuk 8 and Higher

TOURNAMENT SCHEDULE

All **colour belt & recreational black belt** divisions will begin with sparring, followed by poomsae

Registration and weigh in times will open at 7:30 am with the below listed categories, and follow through in the same order listed as divisions are completed.

Referee Meeting: 8:00 am - 8:15 am

Coaches Meeting: 8:15 am – 8:30 am

All competitors must check in at registration table and weighed in 1 hour before specified competition time in order to allow brackets to be completed prior to competition time

Age Division	Competition Time	Check-in\ Weigh in Time
6 & under	8:30 am	7:30 am
Senior (18 and older)	9:00 am	8:00 am
7 & 8 years old	10:00 am	9:00 am
9 & 10 years old	12:00 am	11:00 am
11 & 12 years old	2:30 pm	1:30 pm
13 to 14 years old	5:00 pm	4:00 pm
15 to 17 years old	7:00 pm	6:00 pm

High Performance Divisions

Sparring Cadet (12 - 14)	8:30 am	7:30 am
Sparring Junior (15 to 17)	1:00 pm	12:00 pm
Sparring Senior (18+)	6:00 pm	5:00 pm

* Times are approximate and are subject to change. Divisions may start later than specified time, but not before unless all competitors are already present.

* Athletes in High Performance Divisions will be allowed 1kg allowance for clothing etc.

* Any division with a weigh in time after 12:00 pm may weigh in at any time after 12:00 pm

CODE OF CONDUCT: We ask that you team members demonstrate the highest level of sportsmanship. This includes respect to the referees, volunteer staff, opponents, the facilities staff and tournament regulations. NO ONE will be permitted on the floor for filming purpose as it crowds the tournament area and the medical team cannot properly do its job. We will notify all participants of Taekwondo Ontario policy # TO-HR-002 Code of Conduct.

